

ROYAL HORTICULTURAL SOCIETY



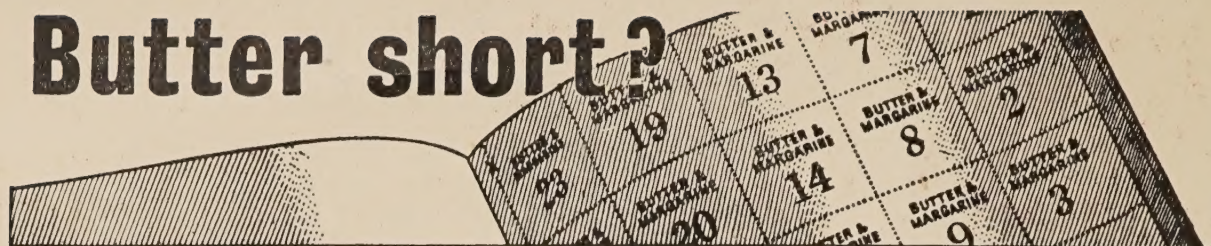
SIMPLE VEGETABLE COOKING



COMPANION TO "GROWMORE" BULLETIN No. 1 OF
THE MINISTRY OF AGRICULTURE AND FISHERIES
PUBLISHED BY THE ROYAL HORTICULTURAL SOCIETY
VINCENT SQUARE, LONDON, S.W.1

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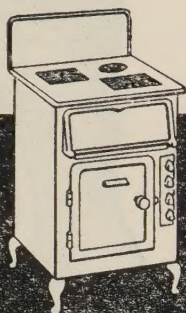
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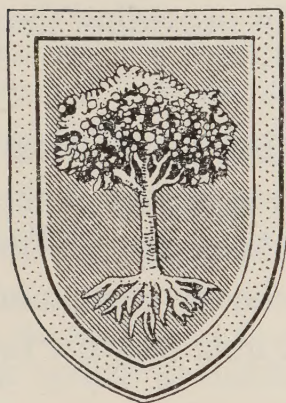
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STORK MARGARINE

ROYAL HORTICULTURAL SOCIETY

**S I M P L E
V E G E T A B L E
C O O K I N G**

Companion to "Growmore" Bulletin No. 1, "Food from the Garden," of The Ministry of Agriculture and Fisheries



**LONDON:
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FOREWORD

TO produce vegetables is one thing, to cook them in a simple and appetizing manner and yet to retain their nutritive value is quite another. The former has been dealt with in "Food from the Garden"; the latter is now described.

The real joy and pleasure to be obtained from growing vegetables is perfected by their satisfactory transition from the garden to the table. It is with this object in view that this Bulletin has been compiled. It is hoped that it may be useful to the small householder with a simply equipped kitchen, since it is by means of simple recipes that it describes principles of cooking and serving vegetables.

The Society is deeply indebted to the members of the Ministry of Agriculture and Fisheries, to the Instructresses in Rural Domestic Economy, to the Association of Teachers of Domestic Subjects, to the National Federation of Women's Institutes, and to the National Union of Townswomen's Guilds who gave unstinted help to the members of the Society's Fruit and Vegetable Committee in providing the technical knowledge for this bulletin.

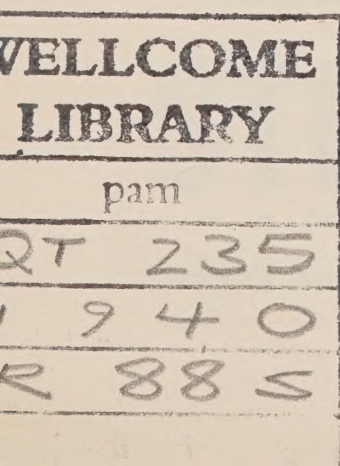
I am pleased to say that this bulletin has been published with the full knowledge and approval of the Ministry of Agriculture and Fisheries, and the Ministry of Food regards it with general approval as likely to be of particular interest and assistance to the people who are able to grow their own vegetables.

ABERCONWAY,

President,

Royal Horticultural Society.

June, 1940



PART I

THE NUTRITIVE VALUE OF VEGETABLES

Vegetables are classed as protective foods, and are one of the main sources of protective material (vitamins, mineral matter and roughage), all essential in a well-balanced diet. Vegetables also contain varying amounts of energy or fuel material and body-building material.

Protective Material:

VITAMINS.—The most important of the vitamins from the point of view of diet planning are A, D, B₁, B₂, and C. The vitamins found in vegetables are chiefly A, B₁ and C.

Vitamin A is found in dark green vegetables, e.g. spinach, the outer leaves of cabbage, the outer leaves of lettuce, watercress, and also in carrots and tomatos.

Vitamin B₁ is found in peas and beans.

Vitamin C is found in raw green vegetables, tomatos, young raw carrots and potatos.

MINERAL MATTER.—The most important of the forms of mineral matter, from the point of view of diet planning, are calcium, phosphorus, iron and iodine.

CALCIUM is found in green vegetables, especially turnip tops, and also in peas and beans.

PHOSPHORUS. Vegetables are not rich in phosphorus, but a little is found in peas and beans and in some green vegetables.

IRON is found in green vegetables, especially turnip tops and spinach, and in peas and beans.

IODINE is found in watercress.

ROUGHAGE.—Roughage is the indigestible matter present in all vegetables, especially green vegetables. It passes through the body unchanged, and helps the system to function properly.

Energy Material.—Vegetables rich in energy material are roots and potatos. They are chiefly valuable for the starch that they contain, but some (beetroot, carrot and parsnip) are also sources of sugar.

Body-building Material.—Dried peas and beans are rich in body-building material, and potatos also contain a little. Although inferior in quality to body-building material obtained from animal sources (meat, fish, milk, cheese and eggs), nevertheless dried peas and beans are a valuable source of supply when animal products are expensive or restricted.

VEGETABLES IN THE DIET

Raw Vegetables.—Vegetables should, when possible, be eaten raw, as heat is destructive to vitamins A and C. Raw vegetables in the form of salads should frequently find a place in our daily meals. Some vegetables, e.g. lettuce and tomatoes, require no special preparation beyond cleaning, while others, e.g. carrots, beetroot, parsnips and cabbage, must be finely divided by grating or shredding to make them appetising and digestible in the raw state.

Cooked Vegetables.—The greatest care should be taken when cooking vegetables to preserve as much as possible of their nutritive value.

1. To retain the mineral salts, most of which are easily soluble in water, it should be remembered that:

- (a) Vegetables that require soaking should be left in the water for a short time only.
- (b) In boiling, only a small quantity of water should be used and the liquid kept for stock. If a large quantity of water is used and later thrown away, all the mineral salts, which have become dissolved in the water, are wasted.
- (c) Steaming is preferable to boiling, or vegetables can be cooked in the oven or on the top of the stove in a vessel with a tightly fitting lid in a little fat or a small amount of liquid, which should be served with them.

2. In order to preserve the vitamins :

- (a) Soda should never be used when soaking or cooking vegetables, as it destroys vitamin C.
- (b) Vegetables should be cooked for as short a time as possible, as the longer they are cooked the more vitamins A and C are destroyed. Haybox cooking and stewing are not recommended.
- (c) Vegetables should not be recooked or they will lose vitamin C.

3. It is important to serve vegetables in an attractive and appetising manner. Many vegetables are improved by being served with a sauce ; recipes for sauces are given on pages 24 to 26.

GENERAL RULES FOR THE COOKING OF VEGETABLES

The first essential is to have the vegetables perfectly fresh ; if their pristine freshness has gone off they are never as tasty as those brought fresh from the garden.

Cleansing and Preparation.—All vegetables, especially those which grow in and near the ground, must be well washed to remove grit, soil, and insects. Water running from a tap is useful for dislodging grit from between the leaves. All green vegetables should be washed in several waters and left to soak for about 15 minutes in cold water to which a little salt or vinegar has been added. Longer soaking tends to toughen the fibres.

Tough stems should be cut away, also any discoloured or diseased parts, but the least possible amount of either outer leaves or skin should be discarded.

Time for Cooking.—In general, the length of time for cooking depends on the vegetable, the time of the year, the character of the season, and the age of the vegetable. Wet seasons mean tender fibres, dry seasons tough and wiry ones. Old plants need longer cooking than young ones. Vegetables cooked in their skins require longer than if peeled, thus more fuel is used.

Methods of Cooking.—Vegetables may be boiled, steamed, baked, braised, and fried.

- (a) **BOILING.** Boiling is apt to destroy the vitamins, but there is less destruction of vitamins if the vegetables are plunged into a small amount of boiling water and cooked quickly, than if they are simmered or stewed. Spinach and lettuces require no water beyond that clinging to the leaves after they have been washed.
- (b) **STEAMING.** A three-tier steamer is a valuable addition to kitchen equipment, as vegetables cook well in it over the meat or pudding. If the steamer is perforated it is advisable to place the vegetables in a basin or pie-dish so that the liquid which drains out during cooking is not lost nor does it drip on to any food below. Vegetables can also be steamed in a basin over boiling water, or standing in boiling water.

A piece of greased paper placed between the lid and the saucepan helps to retain the steam and flavour.

- (c) **BAKING.** Beetroot, onions, parsnips, potatoes, and tomatoes lend themselves to baking. They should be cooked in a moderate oven. Parsnips are often baked in the dripping round the meat ; if old they may need to be parboiled first. Onions are more digestible if parboiled before baking.
- (d) **BRAISING.** Leeks and celery may be braised in a tin or casserole by laying them on a bed of vegetables. A piece of greased paper is placed under the lid, and the vegetables cooked gently until done.

The vegetables forming the bed may be used afterwards in a salad, or in a casserole of vegetables.

Note: A chart of oven temperatures is given in the Appendix on page 27.

PART II

RECIPES

BEANS AND PEAS

Boiling is the usual method of cooking these vegetables. They should not be boiled fast as, if cooked too quickly, the skins tend to come off and the vegetables break up. They may also be steamed.

BROAD BEANS

(1)

Young beans are preferable to those which have become old and tough. Gather them, if possible, just before they are to be cooked. If the beans are young, shell them and cook immediately in boiling, salted water for approximately 20 minutes.

(2)

After shelling old beans, remove their tough skins, which can be easily slipped off if the beans are plunged into boiling water for a minute or two. Then put the beans into freshly boiling water with salt, and cook until tender. This will take 15 to 20 minutes. Drain well and pour parsley sauce over them. This dish is a very usual accompaniment to boiled bacon.

(3)

After shelling and peeling, cook the beans in boiling water with a sprig of savory. Drain the beans and dry them off over the fire. Add a small piece of margarine, melt it and roll the beans in it without breaking them.

DWARF AND RUNNER BEANS

First wash well. Prepare young and tender beans by nipping off the top and stalk end and pulling off any string present. Cook whole. Prepare less tender beans by removing the string and then breaking, slicing, or cutting them into diamonds or strips.

Cook in boiling, salted water until tender, usually 15 to 25 minutes, according to age.

Drain well and add a little margarine or coat with a white sauce.

Runner Beans Preserved in Salt

Prepare by removing from the salt, washing thoroughly in several lots of hot water and soaking for 2 hours. Cook in boiling, unsalted water for 25 to 30 minutes. Drain and toss in a little melted margarine.

HARICOT BEANS

Wash the seeds and soak for 12 to 24 hours in cold water.

The method is the same for buff-, red-, or white-seeded varieties. Put into fresh cold water, add salt, bring to the boil, and cook until tender. If soaked for 24 hours, 30 minutes may be sufficient. If soaked for a shorter time 1 hour or longer may be necessary. Different samples may require less time or longer, according to type.

Drain the beans before serving. Most varieties are improved by the addition of a little melted margarine or tomato sauce.

Haricot Beans with Border

To form a supper dish haricot beans can be served in tomato sauce with a border of macaroni or rice.

Haricot Beans and Tomatos

4 oz. home-grown haricots (dried)	1 pint parsley sauce
5 medium-sized firm tomatos	Salt and pepper
1 teaspoonful cooked peas (optional)	

Cook the beans as directed, draining and seasoning them carefully. Wash and dry the tomatos, cut into slices $\frac{1}{8}$ inch thick, season and put between two plates. Steam for about 15 minutes over the pan in which the beans are cooking. Place the hot beans in the centre of a flat dish, pour the parsley sauce over and arrange the slices of tomato round. If a few cooked peas are available, heat and arrange as a garnish down the centre of the dish.

PEAS

Shell peas just before they are to be cooked. Put them in just sufficient boiling salted water to cover them. Add a sprig of mint and, if liked, a pinch of sugar.

Peas should be boiled gently in an open pan until tender. Young peas require 10 to 15 minutes, older peas up to 30 minutes.

When cooked, remove the mint, drain well and serve on a hot dish, adding a small piece of margarine, if liked.

Green Pea Purée

2 lb. fresh peas	3 pints stock
$\frac{1}{2}$ onion (finely chopped)	$\frac{1}{4}$ pint milk
1 small lettuce (shredded)	Bunch of herbs (optional)
1 dessertspoonful cornflour	Sprig of mint
1 oz. margarine or butter	Salt and pepper

Melt the fat in a saucepan, add the peas, onion, lettuce and herbs, if used. Cook slowly with the lid on for 15 minutes, shaking at intervals. Add the stock, season, and simmer for $1\frac{1}{2}$ hours. Sieve. Blend the cornflour with the milk and add to the purée. Bring to the boil and cook for several minutes, stirring all the time.

Peas in Tomato Cups (cold)

5 tablespoonfuls cold cooked peas	5 slices cucumber
5 large tomatos	1 dessertspoonful
1 lettuce	mayonnaise

Wash and dry the tomatos, then remove the pulp and invert to drain. Reserve a few peas for garnish and blend remainder and the tomato pulp with mayonnaise. Fill the tomato cases with the mixture. Put a slice of cucumber on each for a lid, make a cut in this and balance a pea in the centre. Serve on a bed of lettuce and garnish with extra peas if liked.

Note : Peas may also be cooked with carrots (see page 14).

BRUSSELS SPROUTS, CABBAGE SAVOY AND KALE

Prepare by removing discoloured or badly eaten outer leaves and stalks, but use as much as possible of the outer green parts. Wash very carefully. Cut or hollow out the thick parts of stems. Soak for about 15 minutes in salted water.

These vegetables need careful cooking to preserve their valuable mineral salts. Steaming is an excellent way of cooking green vegetables, especially when young; but the flavour of old vegetables is often too strong after steaming. If boiled the vegetables should be placed in a small quantity of boiling, salted water and pressed down with a wooden spoon.

All green vegetables must be well drained after cooking, and served very hot.

BRUSSELS SPROUTS

Prepare as above, cutting the sprouts level at the stalk and then across and across. Steam for about 25 minutes, or cook in boiling salted water until tender, usually about 15 minutes.

Sauté Brussels Sprouts

When cooked, strain away all the liquid and toss the sprouts in hot fat. Serve very hot.

Sprout Purée

3 lb. cooked sprouts	1 oz. dripping or margarine
1 onion	1½ pints milk
1 oz. flour	Salt and pepper

Chop the onion finely and fry, but do not brown, in the fat. Remove the onion, blend in the flour. Add the milk gradually, avoiding lumps. Cook for 5 minutes. Rub the sprouts through a wire sieve and add, with the onion, to the sauce. Cook for 5 more minutes. Season. Serve very hot, with diced toast or fried bread.

CABBAGE AND SAVOY

Prepare as described above, and cut into quarters.

Cabbage (Steamed or Boiled)

For steaming allow about $\frac{3}{4}$ hour. Boil by placing in boiling, salted water and cooking until tender, approximately $\frac{1}{2}$ hour for a big cabbage.

Cabbage in Casserole

2 small spring cabbages
Milk

Salt and pepper

Parboil or steam the cabbages for 15 minutes. Place in a casserole with enough milk almost to cover them. Add seasoning. Be sure that the lid fits tightly. Cook for 1 hour in a moderate oven. Before serving, add a little thick cream (if available) or cream skimmed from the top of milk.

Savoury Cabbage

1 cabbage
1 oz. margarine
4 tablespoonfuls water

1 tablespoonful tomato ketchup
or Worcester sauce
Salt and pepper

Shred the cabbage finely. Place with water, salt and fat in a casserole, and cook until tender. Stir in the sauce, add pepper to taste, and serve with the liquid.

Stuffed Cabbage

1 large cabbage (or savoy)
4 oz. cold cooked meat
Cooked potato
2 chopped onions

2 oz. margarine
2 tablespoonfuls tomato
ketchup
Salt and pepper

Parboil the cabbage, keeping it whole. Mince the meat. Drain the cabbage and scoop out the centre. Fry the onions, add the meat, a cup of the water in which the cabbage was boiled, and the tomato ketchup. Cover and cook for $\frac{1}{2}$ hour. Mash sufficient potato to fill the cabbage, and add, with the seasoning, to the mixture. Place the mixture in the centre of the cabbage. Place in a greased baking dish. Put pieces of margarine on the top, moisten with cabbage water and cook in a moderate oven until the cabbage is tender. Grill until slightly brown before serving.

KALE AND TURNIP TOPS

Strip the leaves from the thick stalks and cleanse as described. Steam or boil in the same way as cabbage.

SPROUTING BROCCOLI

Sprouting broccoli is too often served as a mash of green leaves and sprays. A much more appetising dish can be made—if the stems are long enough—by tying the sprays, after cleansing, into bunches. Place them in boiling water and cook until tender, about 20 minutes. Drain. Add salt, pepper, and a little margarine. Serve very hot with melted margarine.

CAULIFLOWER AND BROCCOLI

Summer and winter cauliflower (usually known as broccoli) can both be used for the following recipes.

Prepare for cooking by washing thoroughly and by cutting across or scooping out the thick base of the stem.

Boiled Cauliflower

(1)

Prepare the cauliflower. Plunge, head downwards, in boiling water. Then reverse so that the stem cooks in the water and the flower in the steam above the water.

(2)

Prepare the cauliflower. Place in a saucepan of hot water with a squeeze of lemon juice, flower downwards. Bring just to the boil. Remove the cauliflower and immerse in cold water. Replace in boiling water and cook for 18 minutes.

Note : This method ensures that the cauliflower remains unbroken, and is especially useful for soft summer cauliflowers.

(3) (*French method*)

Remove the stump and outer leaves of the cauliflower and divide into flowerets, removing the indigestible thick skin on the stalk. Put the flowerets into cold water with a spoonful of vinegar for a few minutes. Then place in a pan of boiling salted water and boil rapidly for 15 minutes. When the stalks feel soft between the fingers, drain and arrange in a basin, with stalks in the air. When they are to be served, turn on to a dish so that they resume the shape of a whole cauliflower. Serve with white sauce, Dutch sauce, or plain melted butter.

Cauliflower au Gratin

1 medium-sized cauliflower	1 oz. margarine
1 oz. grated cheese	3 tablespoonfuls water
1 tablespoonful breadcrumbs	Salt and pepper

Remove the outer leaves, but keep some of the tender green leaves. Divide the flower into small branches. Soak in salted water for 15 minutes. Place the fat and water into a saucepan and add the cauliflower. Put on the lid, bring to the boil, and cook over a low heat for 35 minutes. Place the cauliflower and liquid in a shallow dish. Sprinkle with the cheese and breadcrumbs. Brown under the grill or a browning sheet.

Note : This dish may also be served with a plain white sauce, which should be poured over the cauliflower before sprinkling it with cheese and breadcrumbs.

Creamed Cauliflower

1 cauliflower	1½ oz. flour	} for sauce
1 small onion (sliced)	4 oz. cheese (grated)	
2 tablespoonfuls breadcrumbs	2 oz. margarine	
	1 pint milk	
	Salt, pepper, grated nutmeg	

Prepare the cauliflower and boil with the onion. Drain. Make a cheese sauce, keeping back some of the cheese for the top. Grease a piedish, put a layer of cauliflower on the bottom and cover with cheese sauce. Repeat until the dish is full. Sprinkle the top with breadcrumbs and cheese. Brown in a quick oven.

SPINACH

Spinach loses about two-thirds of its weight in cooking, and at least $\frac{1}{2}$ lb. of fresh spinach should be allowed for each person. Spinach must be very thoroughly washed, and any thick stalks should be stripped off.

Boiled Spinach

When washed, lift the spinach straight into the pan without draining. The water clinging to the leaves is sufficient for cooking. Sprinkle with salt. Cook in an uncovered pan until tender, usually 10 to 15 minutes.

Spinach Soup

3 handfuls spinach	1 oz. margarine
2 onions	$1\frac{1}{2}$ pints milk
1 carrot	$1\frac{1}{2}$ pints water
1 parsnip	Salt and pepper
1 turnip	
1 head celery (if available)	

Cut up the carrot, parsnip, turnip, celery and onion. Fry gently for 5 minutes in the fat. Add the spinach and salt. Simmer in the water until tender. Pass all through a sieve and return to the saucepan. Add the milk and stir until it boils. Season. Serve hot with diced fried bread or toast.

Spinach and Poached Eggs

Spinach	Eggs
	Salt and pepper

Cook the spinach as for a plain vegetable. Turn on to a dish and flatten the top. Poach as many eggs as are required, and place them on the spinach. Garnish with croutons of bread fried to a golden brown. Serve very hot.

Spinach Cream

2 lb. spinach	2 tablespoonfuls cream
1 oz. margarine	(if available)
	Salt and pepper

Prepare the spinach and cook until tender. Strain and wring in a clean cloth, so as to extract all the water. Pass through a wire sieve. Melt the margarine and add to the spinach purée. Season and heat thoroughly. Add the cream and pile on a hot dish. Garnish with small pieces of bread cut into crescents and fried, or small croutons of pastry. If cream is not available, use more margarine or a little white sauce.

SEAKALE BEET (SWISS CHARD)

This vegetable deserves to be better known. It is very prolific, and can be cooked to form two distinct vegetables. The white stalks have a delicate flavour and the appearance of celery. The green leaves can be served like spinach.

(1)

Separate the stalks from the green part of the leaves. Wash well and cut in 1-inch lengths. Steam or boil in salted water, with an onion (if liked) or a little celery, cut into pieces the same length as the seakale beet stalks. When cooked, drain well and serve covered with a good white Hollandaise, or Mousseline sauce flavoured with lemon juice.

(2)

Shred the green leaves coarsely. Place in a little boiling, salted water and press down with a wooden spoon. When cooked, in about 20 to 30 minutes, drain well, chop finely, and add pepper, salt, and a little margarine. Heat and serve very hot on buttered or anchovy toast, or arrange as a border round the cooked stalks.

P O T A T O S

Potatos, in addition to being steamed, boiled, baked, fried, or mashed, may be used in conjunction with milk, egg, cheese, minced meat, ham or bacon to form a complete dish. They can be used to advantage in making pastry, scones and cakes, where they may take the place of some of the flour. The best way to retain the nutritive value of potatos is to scrub them thoroughly and cook them in their jackets, and this should be done whenever possible. It is a matter of individual choice whether the skins should be removed before serving or not. If preferred, old potatos may be peeled thinly and new potatos scraped.

Boiled New Potatos

Prepare and put into boiling salted water, with a sprig of mint, if liked. Cook until a skewer will go into them easily. Drain off the water, remove the mint and dry off in the pan. They are improved if tossed in melted margarine and sprinkled with chopped parsley.

Boiled Old Potatos

Prepare and put into cold water, add salt and boil very gently until tender. Drain away all the water and dry the potatos by putting the pan near the fire and allowing the steam to escape. Shake the pan occasionally so that they may become quite dry and floury. Serve very hot.

When boiled in their skins, either cut off a small circle (about the size of a shilling) at one end, or take off a narrow strip of skin all round. This allows the salt to penetrate, and the potatos to cook more quickly.

Fried Potatos

(1)

Prepare some raw potatos, cutting them into chips or slices, and place them in a frying basket. Fry in deep fat, which must be smoking hot. Cook until tender (about 3 minutes). Lift up the frying basket and let the fat re-heat. Put the potatos into the fat again and fry until golden brown. Drain well on crumpled paper. Season and serve very hot.

(2)

Cold, cooked potatos can be mashed or sliced and fried. Alternatively, put them whole into a frying-pan with bacon fat or lard, chopping well and mixing with the fat. Season, and draw all together into a cake. Fry until brown and serve.

Potatos Baked in their Jackets

Scrub large sound potatos of uniform size. Prick the skin and bake in a moderate oven for 1 hour or more according to size.

Mashed Potatos

After cooking, mash the potatos and reheat them, adding a little margarine and milk. Season well and beat until creamy. Serve very hot.

Cheese and Potato Pie

1½ lb. potatos	1 oz. margarine
4 oz. grated cheese	Salt and pepper
½ small onion, chopped	

Prepare and cook the potatos and mash them. Melt the margarine and fry the onion in it. Add the potato, the grated cheese and the seasoning. Mix well together and beat thoroughly. Turn the mixture into a greased pie-dish and brown in the oven or under the grill.

Creamed Potatos

3 lb. potatos	2 oz. fat
1½ pints milk	Salt and pepper

Peel and slice the potatos and put them into a greased pie-dish with plenty of seasoning. Fill up the pie-dish with milk and put little pieces of fat on the top. Bake for 1 to 1¼ hours in a moderate oven.

Potato Dumplings

1½ lb. potatos	1 egg
1 oz. flour	Salt and pepper

Prepare and cook the potatos and mash them. Mix in the flour, seasoning, and well-beaten egg. Form into dumplings, and steam or boil for about ½ hour.

Potato Scones

½ lb. cooked potatos	½ teaspoonful baking powder
4 oz. flour	Milk to bind
2 oz. fat	Salt

Mash the potatos and mix them with the flour, salt and baking powder. Melt the fat and pour it into the mixture. Add sufficient milk to bind. Roll out on a floured board to a thickness of about ¼ inch, and cut into small pieces. Put them on a greased tin and bake in a hot oven for about 15 minutes. These scones may be cooked on a girdle, in which case they will require turning.

Potato Scotch Eggs

6 hard-boiled eggs	Breadcrumbs
1½ lb. mashed potatos	Seasoning

Shell the eggs and cover each egg with a thick layer of well-seasoned mashed potato. Coat with the breadcrumbs and fry in deep or shallow fat.

Any remains of cold meat may be finely minced and mixed with the mashed potato.

Stuffed Potatos

6 large potatos
 $\frac{1}{2}$ small cooked onion

4 oz. scraps of cold meat or ham
Salt and pepper

Wash the potatos and bake them in their skins. Mince the meat and onion. Cut the potatos lengthways, scoop out the centre and mix it with the meat and onion. Season well. Return the mixture to the skins and heat thoroughly.

CARROTS, PARSNIPS, SWEDES AND TURNIPS

These vegetables may all be steamed, boiled, baked, fried, mashed, or added to soups or stews.

CARROTS

Carrots should be well scrubbed, and, if old, carefully scraped. They should not be peeled.

Carrots in Casserole

2 lb. carrots
2 oz. margarine

Salt and pepper

Prepare the carrots ; if old, they may be cut into strips or rounds. Place them in a well-greased casserole, season, and add small pieces of margarine. Cook in a moderate oven until tender. The time depends on the age of the carrots. Young carrots take about 30 to 40 minutes ; old ones about 2 hours.

Note : Old carrots may, if preferred, be shredded or grated, in which case they will take a much shorter time to cook.

Steamed Carrots

2 lb. carrots
1 oz. margarine

Chopped parsley
Salt and pepper

Prepare the carrots, and, if old, cut them into strips. Steam them until tender, sprinkling them with a little salt. Young carrots take about 20 minutes and old ones about 45 minutes. Place in a hot dish and pour a little melted margarine on the top. Season and sprinkle with finely chopped parsley.

Note : Carrots cooked in this way may also be served coated with a well-seasoned sauce.

Carrots and Peas

$1\frac{1}{2}$ lb. young carrots
 $1\frac{1}{2}$ lb. peas

$1\frac{1}{2}$ oz. margarine
Salt and pepper

Prepare the vegetables and boil them in a very little salted water. Drain them and toss them in the melted margarine. Season well and serve.

PARSNIPS

These should be scrubbed and then carefully scraped.

Parsnips in Casserole

Cook in the same way as carrots in casserole.

Roast Parsnips

1½ lb. parsnips

2 oz. fat

Prepare the parsnips. Cook them for about 10 minutes in a very little boiling, salted water, and then drain them. Put them into a baking-tin with a little hot fat and bake until tender and browned—about 1 hour. If to be served with roast meat, they can be cooked with the joint.

Parsnip Balls

2 lb. parsnips

Coating crumbs

1 oz. margarine

Salt and pepper

Prepare the parsnips. Steam or boil them until quite tender. Mash them well with the margarine and season with salt and pepper. Form into balls, coat with crumbs, and fry in deep fat. Drain well and serve very hot.

Note : A little grated nutmeg sprinkled on the top makes an interesting addition to a dish of mashed parsnips.

Parsnip Fritters

1½ lb. parsnips

Salt and pepper

¼ pint batter

Prepare the parsnips. Cut into strips. Cook for about 30 minutes. Drain well, coat with the batter and fry in deep fat.

SWEDES AND TURNIPS

Swedes and turnips have thick skins, and should be peeled. If they are added to soups or stews they should be used sparingly, as their flavour is strong.

Baked Swedes or Turnips

2 lb. swedes or turnips

Stock

1½ oz. fat

Salt and pepper

Peel the turnips and cut them into fairly large pieces. Fry lightly in the fat and then place them in a hot casserole with a well-fitting lid. Season well and just cover with stock. Put on the lid and cook in a moderate oven for about 1 hour, or until tender. Sprinkle with finely chopped parsley before serving.

Curried Swedes or Turnips

2 lb. swedes or turnips

2 oz. sultanas

1 onion

1½ oz. fat

1 apple

1 oz. flour

1 dessertspoonful curry powder

1½ pints stock

1 teaspoonful curry paste

Boiled rice

Salt

Peel and chop the onion and the apple. Peel the turnips and cut them into large rough pieces. Fry the onion lightly. Stir in the flour, curry powder and curry paste, and fry them. Fry the turnip and sultanas. Lastly, add the chopped apple, salt, and the stock or water. Bring to the boil and simmer for about 1 hour, or until the turnip is tender. Serve with the boiled rice.

Swede Pie

2 lb. swedes	1 egg
1 oz. sugar	1 gill milk
$\frac{1}{2}$ teaspoonful ginger	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ teaspoonful cinnamon	4 oz. short crust pastry
$\frac{1}{2}$ teaspoonful nutmeg	

Prepare the swedes and steam them until tender. Mash them well. Add the sugar, spices, the egg slightly beaten, and the milk. Stir well, and let the mixture cool. Pour it on to a large plate lined with the pastry. Bake in a moderate oven for about $\frac{1}{2}$ hour.

B E E T R O O T

Prepare by washing carefully to avoid rubbing or breaking the skin. Beetroot should be cooked in its skin, and can be either boiled or baked.

Hot Beetroot

Place in boiling water. Young roots will take from $1\frac{1}{2}$ to 2 hours, the larger ones 2 to 4 hours, according to size. When cooked, dip in cold water and skin quickly. Place in vinegar sauce for 10 minutes. Serve very hot and sprinkle with chopped parsley.

Hot beetroot may also be served with white sauce flavoured with lemon juice or grated horseradish.

Cold Beetroot

After cooking allow the beetroot to become cold before skinning. It can be preserved for a few days in vinegar. Cold sliced beetroot, with pepper, salt and vinegar, is a frequent and palatable addition to cold beef, and is useful for salads (see page 21).

C E L E R Y

Celery is often eaten raw, but can also be served in stews, soups, sauces, and salads.

Both the hearts and the tough outer stalks can be used for cooking, and the leaves can be dried in a cool oven and stored in a paper bag for use in flavouring.

Raw Celery

Prepare by washing well and removing tough stalks.

Celery (Steamed or Boiled)

Prepare as described above, and steam for about 1 hour, or cook gently in milk and water for 30 to 45 minutes. The liquid that drains from it is valuable as a flavouring for soups, sauces and gravies. Steamed celery is usually served with melted butter or a good white sauce made with half milk and half liquid in which the celery was cooked. Celery may also be served with a cheese sauce.

Celery Soup

Outside stalks of 2 or 3 heads of celery	1 oz. margarine	} for sauce
1 small onion	1 oz. flour	
2 pints cold water or bone stock	$\frac{1}{2}$ pint milk	
1 blade mace	1 yolk of egg	} optional
Salt and pepper	2 tablespoonfuls cream	

Cut the celery stalks into 1-inch lengths, cover with the water or stock, and add the other ingredients. Bring to the boil and simmer gently for 1 hour. Strain. Rub the celery through a sieve, and replace in the strained stock. Make a thick white sauce, season and stir carefully into the stock. Serve very hot, with croutons of bread fried in margarine.

Note : The yolk of egg or cream may be added before serving, to give additional nourishment ; if an egg is used the soup must not be allowed to boil after adding it or the egg will curdle.

Braised Celery

Celery hearts (1 per person)	$\frac{1}{2}$ pint meat or vegetable stock, or milk and water
1 sliced carrot	Sprig of parsley
1 small slice of turnip	Bay leaf
2 onions stuck with cloves	

Make a bed of the carrot, turnip, onions and herbs in a baking-dish or casserole. Cut the celery hearts into equal lengths, and lay on this bed. Add the stock. Cover with greased paper and a close-fitting lid. Simmer until the celery is tender. Strain off the liquid. Serve the celery on a dish and pour the liquid round it.

Celery Crisps

1 or 2 heads of celery	$\frac{1}{4}$ pint milk
4 tablespoonfuls flour	2 tablespoonfuls water
1 egg	Salt
2 tablespoonfuls grated cheese	

Cut the inside tender stalks of celery into 2-inch lengths. Simmer slowly in salted water until tender. Make a batter with the other ingredients and pour over the cooked celery. Let the mixture stand for a few minutes, then fry in deep fat. Drain on paper. Serve crisp and hot.

ONIONS AND LEEKS

Onions are widely used on account of their distinctive flavour, and are an ingredient in many savoury dishes. They may also be served as a separate vegetable.

Boiled Onions

(1)

Choose even-sized onions. Cut off the base and peel upwards. Place in boiling salted water. Cook, uncovered, for 30 to 40 minutes. When ready, drain and serve with white sauce using a little of the water in which the onions were cooked, with the milk.

(2)

Do not peel. Place in boiling water and cook for $\frac{1}{2}$ to 1 hour, according to size. Skin, and serve with white sauce (as above) or melted margarine.

Note : If onions are boiled in their skins they will discolour an aluminium pan.

Baked Onions

Parboil the onions, either peeled or in the skin. Place in a baking-dish in a hot oven and brown. If peeled before boiling, put a lump of margarine or dripping on them.

Onion Cream Soup

6 medium-sized onions	2 pints milk
2 egg yolks	$\frac{1}{2}$ pint water
2 tablespoonfuls flour	Salt and pepper
2 oz. margarine	

Peel and slice the onions thinly. Fry them in the melted fat without browning. Add the milk and water, and simmer gently for 1 hour. Rub through a sieve. Season and return to the saucepan. Thicken with the flour mixed to a smooth paste with a little cold milk, and boil for a few minutes. Then draw aside the pan from the fire. Mix the egg yolks with 2 tablespoonfuls of cold milk to prevent curdling, and stir into the soup. The soup must not boil after the eggs are added. Serve with croutons of fried bread.

Savoury Onions and Rice

2 large onions (peeled and halved)	1 dessertspoonful sage
$\frac{1}{4}$ lb. rice	1 dessertspoonful parsley
1 oz. margarine	(chopped)
	Salt and pepper

Put the rice into boiling salted water, add the onions, and boil until done. Drain in a colander. Take out the onions and chop them finely. Separate the grains of rice in the colander by pouring boiling water over them. Add the rice to the chopped onion, margarine, sage, and parsley. Heat in a pan or in a piedish in the oven. Serve very hot.

Note: A border of sliced fried tomato may be served with this dish.

Savoury Onion Pudding (Baked)

3 large cooked onions	4 oz. suet
2 cups white bread crumbs	$\frac{1}{2}$ pint milk
(or soaked scraps or crusts of bread)	Sage
2 tablespoonfuls flour	Parsley (chopped)
2 eggs	Salt and pepper

Heat the milk and pour *hot* over the breadcrumbs. Add the suet, chopped onions, well-beaten eggs, flour and seasonings. Mix well together and place in hot dripping in a Yorkshire pudding tin. Bake in a moderate oven for $\frac{3}{4}$ hour.

Note: If crusts and odds and ends of bread are used for this dish, soak them for 30 to 40 minutes in water, then drain and squeeze them in a clean cloth to remove moisture. Pass the bread through a sieve or beat free from lumps with a fork.

LEEEKS

Leeks are milder than onions in flavour ; it is better if they are steamed and the liquid draining from them used with milk to make a sauce.

Wash thoroughly to remove the grit between the leaves. The green parts of the leaves should be removed and used for soup, stews or sauces. Large leeks can be divided lengthwise and then cut into strips 1 or 2 inches long.

Leeks (Steamed or Boiled)

Leeks may be boiled or steamed. The time needed varies according to size and quality, from 20 minutes for boiling to 40 minutes for steaming. They are usually served with a white sauce. They may also be cooked in milk and water, having been previously plunged into boiling water.

Braised Leeks

Make a bed of vegetables as described on page 17. Prepare the leeks, cutting them into pieces of equal length. Scald them and lay them on the vegetable bed. Cover with greased paper and a close-fitting lid. Bake in the oven or cook on the top of the stove for about 1 to 1½ hours. Serve with the liquid that drains from the vegetables.

Leek Pudding

Leeks	1 teaspoonful baking powder
$\frac{1}{2}$ lb. flour	1 teaspoonful salt
$\frac{1}{4}$ lb. chopped suet	1 oz. margarine
	Cold water to mix

Make a suet crust with the flour, salt, suet and water, and line a greased basin. Wash and scald the leeks and cut into 1-inch lengths. Put into a lined basin. Season and add the margarine. Cover with suet crust and greased paper and steam for 2½ hours.

Note : This economical pudding is much favoured in Northern mining districts.

TOMATOS

The tomato, like the onion, can be combined with many other food-stuffs and gives a sharp, appetising flavour.

Preparation. When used for sauces and made-up dishes, tomatos should be peeled. If plunged first for 1 minute into boiling water and then into cold, the skin slips off quite easily. A fresh home-grown tomato can be skinned by rubbing the surface gently with the back of a knife.

Baked Tomatos

Wipe the tomatos, but do not peel them. Place, either whole or cut across, in a greased tin with a little salt, pepper and margarine on the cut side. Bake in a moderate oven for 5 to 7 minutes. Serve as a separate vegetable.

Tomato Soup

2 lb. tomatos	2 pints stock (or water)
2 oz. lean ham or salt pork (optional)	$\frac{1}{2}$ pint milk
1 onion	Bunch of savoury herbs
2 oz. flour	$\frac{1}{2}$ teaspoonful sugar
2 oz. margarine	Salt and pepper

Slice the tomato and onion, shred the meat, and fry together in 1 oz. of the margarine. Add the stock, and cook slowly for 40 minutes. Sieve and return the purée to the pan. Make a white sauce with the rest of the margarine, the flour, and the milk. Stir this gently into the soup. Season to taste, add sugar, and serve very hot with strips of dry toast.

Stuffed Tomatos

6 tomatos	$\frac{1}{2}$ pint stock
2 oz. rice	2 shallots
2 oz. cheese	Salt and pepper
1 oz. margarine	

Melt the margarine in a saucepan and fry the chopped shallots without browning. Add the rice, stir well, and then add the stock. Put the lid on the pan and cook with the seasonings until the rice is done and has absorbed the stock. Stir frequently to prevent burning. Add the cheese last. Prepare firm, even-sized tomatos by scooping out the inside, and invert them on a plate to drain. Add the pulp to the mixture and fill the tomatos with it. Bake in a moderate oven for 10 to 15 minutes. If over-baked they will collapse.

Sprinkle a little grated cheese over them, and if served as a separate dish, put them on rounds of buttered toast.

Note : The stuffing may be varied in several ways, e.g. veal stuffing, sausage meat, minced meat and potato, chopped boiled onions with sage and breadcrumbs, or an assortment of cooked diced vegetables may all be used as stuffings.

Tomato and Cheese Pudding

1 lb. tomatos	2 oz. margarine
1 large cup of breadcrumbs	2 oz. grated cheese
Salt and pepper	

Skin and slice the tomatos and fry in the fat. Place in a greased pie-dish. Cover with the breadcrumbs, grated cheese, and a few pieces of margarine. Brown in a hot oven for 20 minutes.

Tomato Pudding

1 lb. ripe tomatos	$\frac{1}{2}$ lb. flour	} for suet crust
1 lb. potatos	$\frac{1}{4}$ lb. shredded suet	
2 onions	Salt	
1 oz. margarine	Cold water to mix	
Pinch of sugar	Salt and pepper	
$\frac{1}{2}$ teacup cold water		

Grease a pudding basin and line it with suet crust. Fill with the vegetables, peeled and sliced thinly. Add other ingredients. Cover with pastry then fold a greased paper over it and steam for 2 hours. Serve with brown gravy.

VEGETABLE MARROW

Vegetable marrow can be used for both sweet or savoury dishes.

Vegetable Marrow (Steamed or Boiled)

Vegetable marrow preserves its shape better when steamed. Peel the marrow, cut it across in slices, or lengthwise into even-sized pieces, and remove the seeds. Steam in a basin, or boil in a small quantity of salted water for 10 to 20 minutes, according to age. When cooked, strain well and serve with a well-seasoned sauce, using some of the liquid that drains away with some milk and a squeeze of lemon juice.

Stuffed Marrow

Marrow	Stuffing, such as cooked rice and tomato
Dripping	or minced cold meat and rice
	or sausage meat and mashed potato

Do not peel the marrow. Cut it in half lengthwise. Remove the seeds and fill the cavity with any one of the suggested stuffings. Tie the two pieces together with string. Prick the skin and bake in a moderate oven, basting with hot dripping. It will take from 2 to 3 hours, according to size and age. If the marrow is peeled first it will take from $1\frac{1}{2}$ to 2 hours.

Note : Alternatively, the marrow may be cut into slices about 1 inch thick, and each ring filled with stuffing. Cover with greased paper and cook as above, basting well, for $\frac{1}{2}$ to $\frac{3}{4}$ hour.

Vegetable Marrow in Syrup

1 marrow	Flavouring such as orange or lemon rind
$\frac{1}{4}$ lb. sugar or honey	or vanilla
$\frac{1}{2}$ pint water	or almond
Fresh or canned fruit (optional)	or bay leaf

Peel the marrow and cut it into thick round slices. Remove the seeds. In a shallow pan make a syrup with the sugar, water, and flavouring. Add the marrow and simmer very gently for 10 minutes or more. When transparent, place the slices in a fruit dish and fill the centres with fresh or canned fruit. Reduce the syrup by boiling, and, after cooling it a little, pour it over the slice of marrow.

Note : The syrup from canned fruits may be used instead of water ; only half the quantity of sugar is then required.

SALADS

Salads are a good means of serving raw vegetables, particularly green leaf salad plants. By the addition of other ingredients a more substantial dish can be made. Attractive salads can be prepared by using up cold cooked vegetables, cold meat or fish, or fruit.

Green Salad

1 lettuce or endive

Other ingredients as desired

Remove the coarse outer leaves of the lettuce or endive and use in cooking or for stock. Separate the salad leaves and wash them well in cold water, without salt, as this makes them slimy. If required at once, dry the leaves ; otherwise, place in a linen cloth until required. When dry, break the leaves with the fingers or a silver knife and mix lightly with the other ingredients, which may include tomatoes, radishes, cucumber, watercress, cooked vegetables, etc.

Chives are an excellent flavouring for salads, having a mild and delicate flavour. Prepare by washing and drying. Then cut with scissors and sprinkle over the salad. Alternatively, rub the salad bowl with chives. Onions should be served on a separate dish.

Cold cooked vegetables, if added, must be firm.

Serve with French dressing (see page 26).

Cold Meat or Fish Salad

Cold cooked meat or fish
1 cooked beetroot
1 apple (peeled and cored)
1 stick celery

1 tomato
1 cooked potato
Salt and pepper

Cut the meat, tomato and celery into small pieces, and the beetroot, apple and potato into cubes. Mix together in a bowl and add the seasoning. Arrange on a dish. Pour over some French dressing to which has been added a little made mustard.

Cooked Vegetable Salad

Any cold cooked vegetables
(such as carrots, peas, beans, turnips,
potatoes or beetroot)

Salad dressing
Salt and pepper

Slice the vegetables and cut out the carrots and turnips with a vegetable cutter. Build a wall of these round the dish. Cut up the rest of the vegetables, put them in a bowl, add the seasoning, and mix with salad dressing. Pile in the centre of the dish.

Note : Alternatively, the cut-up vegetables may be served on a bed of lettuce leaves.

Lettuce and Bean Salad

2 lettuces
French (or runner) beans
(cooked)
1 beetroot (cooked)
2 hard-boiled eggs

1 slice toast (1 inch thick)
Chopped chervil
(if available)
Oil and vinegar
Salt and pepper

Prepare the lettuces, breaking them into small pieces. Dip the toast into salad oil and place in a salad bowl. Put alternate layers of lettuce and French beans on the toast. Decorate with slices of beetroot, hard-boiled egg and chopped chervil. Season. Pour oil and vinegar over just before serving.

Potato Salad

(1)

Cooked potatos
Chopped onion

Mayonnaise sauce
Salt and pepper

(2)

Cooked potatos } in
Beetroot } equal
Celery } quantities

Chopped parsley
Mayonnaise sauce
Salt and pepper

Cut up the vegetables neatly. Add the chopped onion or parsley and seasoning. Pour the mayonnaise over.

Raw Vegetable Salad

½ white cabbage (heart)
 1 large carrot
 1 small onion (if liked)

Small piece of swede or
turnip
1 apple

Prepare the vegetables as for cooking. Slice the cabbage very finely, removing the stem. Grate the carrot, swede and onion. Cut up the apple. Put a layer of cabbage in a dish and sprinkle the grated vegetables and chopped apple over.

Tomato and Bean Salad

Cooked French beans (cold)	} in equal quantities	Chopped parsley
Tomatos (peeled)		Tarragon vinegar
Chopped onion (if liked)		(if available)
		Salt and pepper

Slice the beans and tomatos. Mix together with the seasoning, chopped parsley, chopped onion (if liked), and a little tarragon vinegar.

Winter Salad

2 potatoes (cooked) 4 prunes (stewed, halved
1 beetroot (cooked) and stoned)
4 Brussels sprouts (raw) 1 tomato
or 1 bunch watercress 1 hard-boiled egg

Cut up the potatoes and place in a salad bowl. Slice the beetroot thinly and lay over the potato. Decorate with Brussels sprouts (halved) or watercress, prunes, hard-boiled egg and tomato. Serve with vinegar or mayonnaise.

MISCELLANEOUS RECIPES

Vegetable Hot Pot

$\frac{1}{4}$ lb. potatos	2 oz. margarine
$\frac{1}{4}$ lb. turnips	$\frac{1}{4}$ pint water
$\frac{1}{4}$ lb. onions	Salt
$\frac{1}{4}$ lb. carrots	$\frac{1}{2}$ pint white sauce to which
$\frac{1}{4}$ lb. tomatos	a little "made" savoury
$\frac{1}{4}$ lb. sprouting broccoli	sauce is added
(or other green vegetables)	

Prepare the vegetables, chopping the broccoli and onions, and quartering the tomatoes. Cut up the carrots, turnips and potatoes. Put the fat and water into a saucepan and add all the vegetables, except the tomatoes. Put on the lid, with a sheet of greased paper beneath. Bring to the boil. Cook slowly for 15 minutes. Then add the tomato and cook for 20 minutes more. Strain off the liquor which should be used in preparing the white sauce. Serve hot, coated with the sauce.

Cooked Lettuce

1 lettuce
2 oz. margarine

1 dessertspoonful lemon juice
Salt and pepper

Prepare the lettuce, separating the leaves. Place in a saucepan with the fat, put on the lid and cook very slowly for 40 minutes. Season. Add the lemon juice and serve.

Bubble and Squeak

1 lb. cold cabbage
1 lb. cold boiled potatoes
1 small cooked onion

1 medium-sized cooked carrot
2 oz. fat
Salt and pepper

Chop the cabbage, onion and carrot, and also the potato if not already mashed. Melt the fat in a frying-pan, and fry the onion and carrot lightly, but do not brown them. Add the other vegetables, and season well. Stir until thoroughly heated. Place an enamel plate on the top of the pan and leave for a few minutes until the mixture has browned underneath. Turn upside down on to the plate, and serve very hot.

SAUCES FOR VEGETABLES

1. Plain White Sauce (Foundation Recipe)

1 oz. flour

1 oz. margarine (or butter)

$\frac{1}{4}$ pint milk

$\frac{1}{4}$ pint vegetable stock

Salt and pepper

Melt the margarine in a saucepan, add the flour. Heat together for a few moments to cook the flour, stirring with a wooden spoon. Draw the pan aside and add the liquid very gradually, mixing to a smooth consistency. Replace the pan on the fire, boil up, and add seasoning to taste.

This makes $\frac{1}{2}$ pint of plain white sauce.

2. Good White Sauce (Flavoured)

For leeks, celery, vegetable marrow, etc.

$\frac{1}{2}$ pint plain white sauce

Flavouring :

1 bay leaf

1 blade mace

1 onion stuck with 3 cloves

Simmer the milk, or milk and vegetable stock, with the flavouring. Strain and use to make a sauce as above.

3. Parsley Sauce

For broad beans, haricot beans, etc.

$\frac{1}{2}$ pint plain white sauce

1 dessertspoonful chopped
parsley

Prepare the white sauce, using either vegetable stock only, for a clear sauce, or stock and milk. Add the parsley to the sauce before serving.

4. Cheese Sauce

For stewed celery, etc.

$\frac{1}{2}$ pint plain white sauce

2 tablespoonfuls grated cheese

Prepare the white sauce, add the cheese, and pour over the cooked vegetable.

5. Mustard Sauce

For turnips.

$\frac{1}{2}$ pint plain white sauce	1 oz. margarine or butter
1 shallot	2 teaspoonfuls made mustard

Peel and chop the shallot and fry it in the fat. Cut the boiled turnip into cubes. Prepare the white sauce, add the mustard and lastly the turnip and shallot.

6. Vinegar Sauce

For hot beetroot.

1 oz. flour	$\frac{1}{4}$ pint vinegar
1 oz. margarine	Shred of onion
$\frac{1}{4}$ pint water	Salt and pepper

Prepare in the same way as white sauce, using the vinegar instead of the milk and vegetable liquid.

7. Dutch Sauce

For artichokes, marrow, leeks, etc.

$\frac{1}{2}$ pint plain white sauce	1 teaspoonful tarragon vinegar
1 egg	Squeeze of lemon juice
1 tablespoonful cold milk	

Mix the egg with the milk and add, with the vinegar and lemon juice, to the prepared sauce. The mixing must be carefully done, and to prevent curdling the sauce must not boil after adding the egg and vinegar.

8. Ham Sauce

For cabbage, peas, haricot beans, etc.

Ham or lean bacon (chopped)	$\frac{1}{2}$ pint vegetable or white bone stock
2 shallots	
1 oz. flour	1 tablespoonful parsley (chopped)
1 oz. margarine	Squeeze of lemon juice

Chop the shallots finely and fry them with the ham in the fat. Add the other ingredients and boil. Pour, without straining, over the vegetable.

9. Hot Tomato Sauce

For haricot beans, etc.

1 lb. tomatos	1 oz. margarine
1 shallot or small onion	$\frac{1}{2}$ pint stock (meat or vegetable)
1 oz. flour	Salt and pepper

Bake the tomatos in the oven, and then sieve them. Chop the shallot and fry in the fat. Add the flour. When cooked, add the stock gradually. Season well. Bring to the boil, strain the sauce on to the sieved tomatos and mix well. Reheat and serve.

10. Mousseline Sauce

For artichokes, cauliflower, vegetable marrow and seakale.

2 egg yolks	$\frac{1}{2}$ pint creamy milk
1 egg white (whipped)	1 dessertspoonful lemon juice
1 oz. margarine or butter	Grate of nutmeg
	Salt and pepper

Place the egg yolks, fat, milk, and seasonings in a basin, and stand it in a saucepan of water. Whisk well until frothy. Then add the lemon juice and the stiffly whisked white of egg.

11. Black Butter Sauce

2 oz. butter	1 tablespoonful vinegar
1 tablespoonful parsley (chopped)	Cayenne pepper

Melt the butter. Strain it into a pan and brown well over the fire. Add the vinegar. Reduce the sauce a little and then add the parsley. Season with cayenne.

12. Salad Dressing (French)

For green salads

2 tablespoonfuls salad oil	Salt and pepper
1 tablespoonful vinegar	A little made mustard (if liked)
	A little sugar (if liked)

Dissolve the salt in the vinegar, then add the pepper, sugar and mustard (if used). Add the oil, stirring well.

13. Economical Salad Dressing

1 tin sweetened milk	1 tablespoonful salad oil
The same quantity of vinegar	Salt
1 teaspoonful made mustard	

Turn the milk into a basin and, using the empty tin as a measure, add an equal quantity of the vinegar to the milk, stirring all the time. Stir in the oil, mustard and seasoning. If, after standing for an hour or so, the mixture becomes too thick for bottling, add a little more vinegar. This dressing will keep indefinitely. If the vinegar separates from the milk, shake the bottle.

14. Mayonnaise

2 egg yolks	$\frac{1}{2}$ teaspoonful made mustard
2 teaspoonfuls vinegar	Salt and pepper
1 gill salad oil	

Put the yolks into a basin with the salt and pepper ; beat slightly. Add the oil drop by drop, whisking all the time. Stir in the vinegar and mustard. The sauce should be smooth and as thick as double cream. Bottle. When required for use, a little cream may be added. If this is done less oil is needed.

Note : For a richer sauce add chopped gherkins, capers, onions or shallots.

“Growmore” Bulletin No. 3 of the Ministry of Agriculture and Fisheries. “Preserves from the Garden.” Price 4d. Postage extra

A P P E N D I X

CHART OF OVEN HEAT FOR ELECTRIC AND GAS COOKERS

Approximate readings compiled from information kindly supplied by

THE BRITISH ELECTRICAL DEVELOPMENT ASSOCIATION
and THE BRITISH COMMERCIAL GAS FEDERATION

	ELECTRIC COOKERS	GAS COOKERS			
		<i>Cannon (Autimo) Parkinson (Adjusto) Radiation (Regulo) Vulcan</i>	<i>Flavel with Nos. Main with Nos. G.L.C. New Herald</i>	<i>Flavel letters</i>	<i>Mainstat letters</i>
OVEN HEAT	<i>Temperature in degrees Fahrenheit</i>				
Very cool	250-300	0 or $\frac{1}{2}$ or 1	1 or 2	A or B	A
Cool	300-350	2 or 3	3 or 4	C or D	B or C
Moderate	350-400	4 or 5	5 or 6	E or F	D
Hot	400-450	6 or 7	7 or 8	G or H	E or F
Very hot	450-500	8	9	I or J	G

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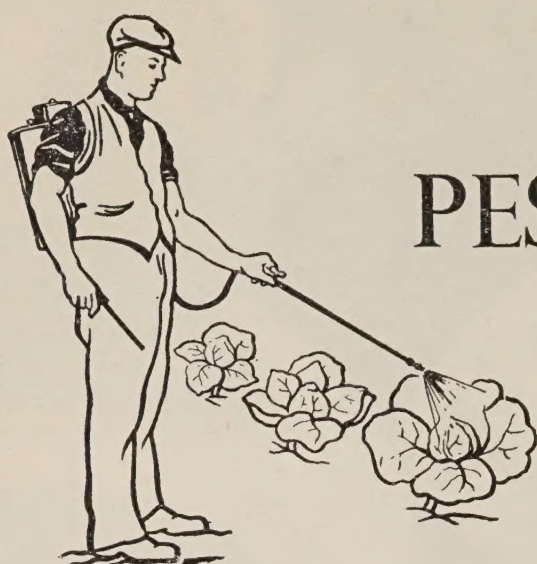
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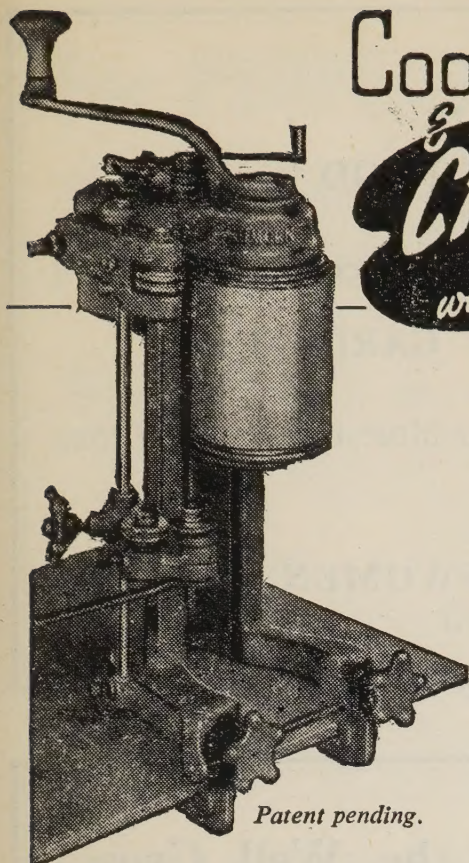
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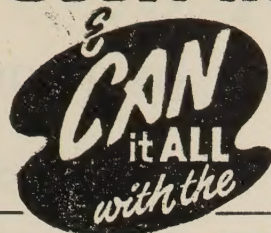
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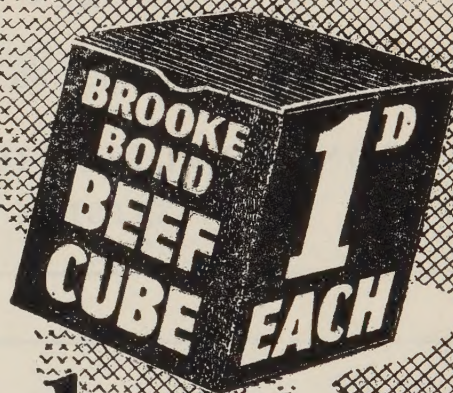
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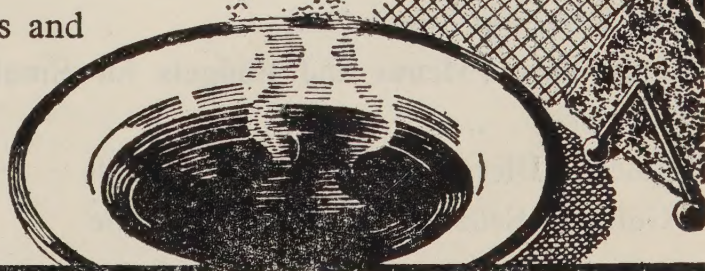
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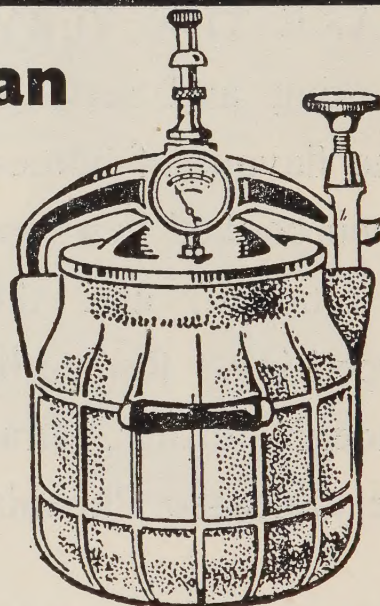
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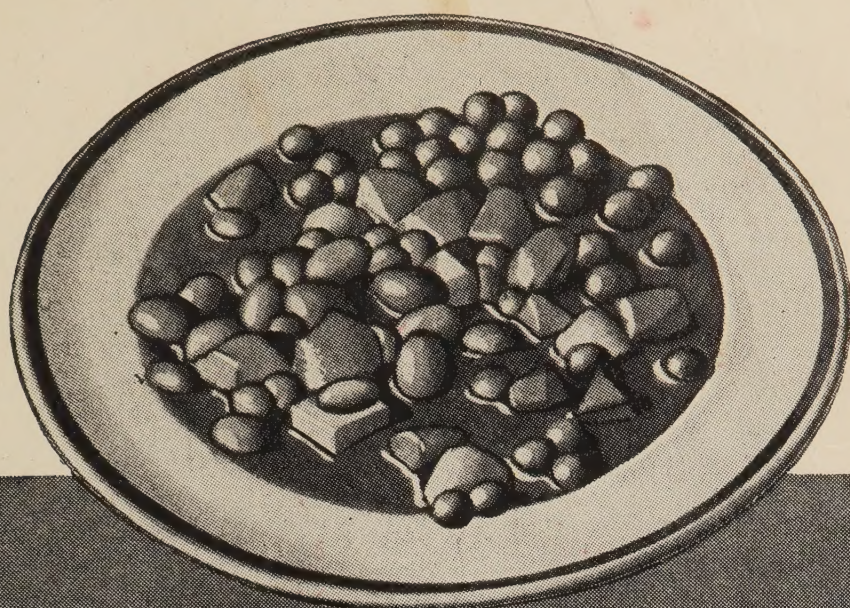
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